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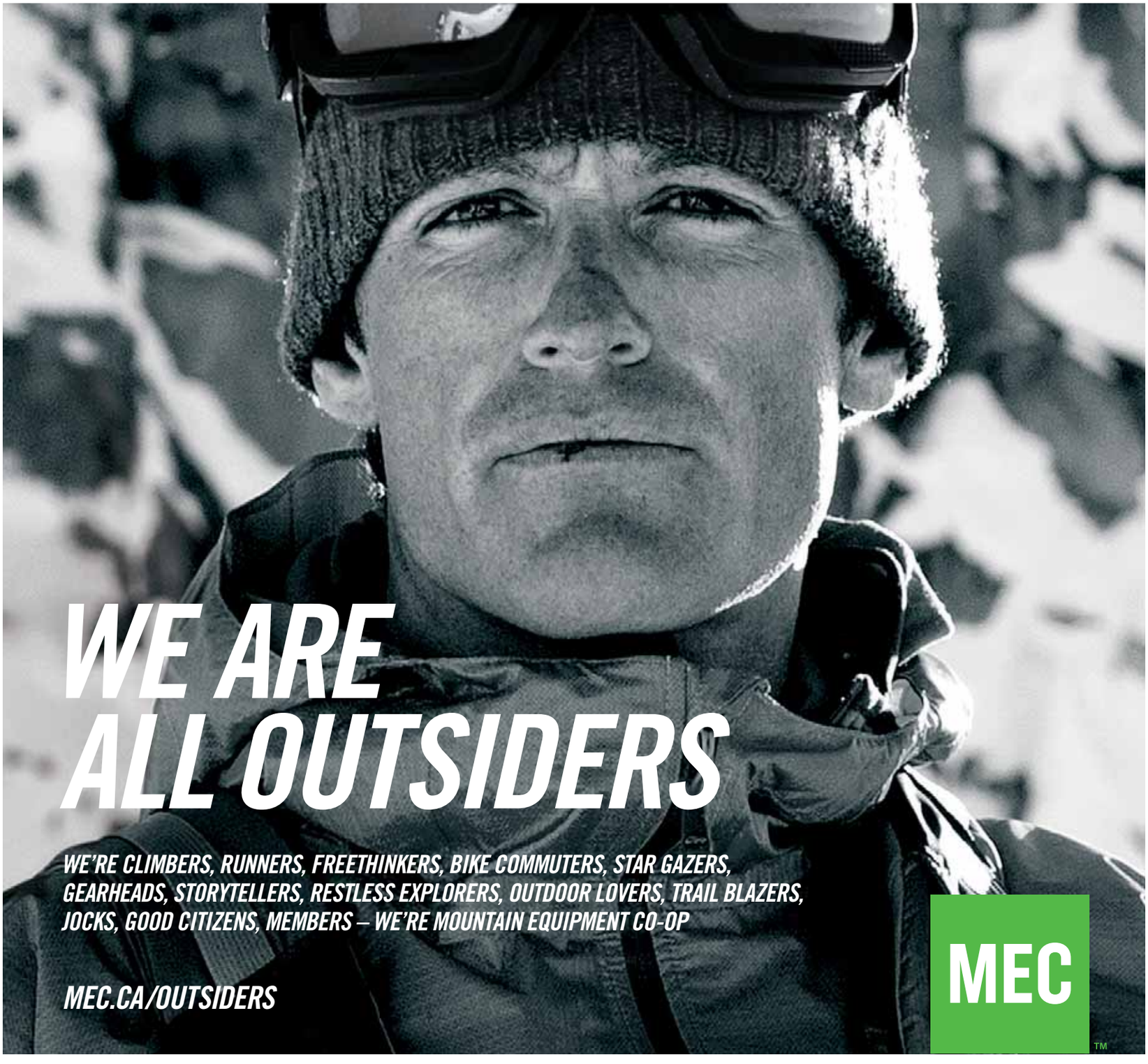
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NEWS WORTH SHARING.

Trans girl, 10, seeks ID change

Disputed B.C. law requires sex-reassignment surgery before amendment to birth certificate can be made

PAGE 4

Syria chemical attack finally confirmed

But UN takes care not to blame either side for fatal sarin assault

PAGE 10

Smartphone owners equal smart shoppers?

Experts predict most local searches will come from smartphones in 2014

PAGE 21

FROM TONIGHT SHOW INTERN TO HELLO ROSS

CELEBRITY SUPERFAN GETS HELP FROM COMEDIAN CHELSEA HANDLER TO START HIS OWN TALK SHOW ABOUT HOLLYWOOD'S IN-CROWD PAGE 14

Harper targets child predators travelling abroad

Crime. Offenders would have to notify officials of plans to leave country under proposal announced in Richmond

Convicted sex offenders planning to travel outside the country will have to alert Canadian authorities before they leave and officials may, in turn, warn destination countries under proposed changes announced by Prime Minister Stephen Harper on Monday.

Harper also promised a national, online database accessible to the public listing the names of high-risk child sex offenders, to replace a patchwork of existing databases.

"We do not understand why child predators do the heinous things they do and, in all frankness, we don't particularly care to," Harper said in Richmond as dozens of Canada Border Services Agency officers stood behind him.

"What we do understand is that there are some terrible people out there, criminals of the worst kind, and that they must be dealt with."

Harper said that the measures will be included in the Conservatives' Tougher Penalties for Child Predators Act to be introduced in Parliament this fall.

That legislation would require convicted sex offenders, parole and probation officers to notify police in advance of international travel plans, and authorize police to inform Canadian border guards who can — "where appropriate" — alert destination countries that a dangerous offender is coming their way.

"Just as we must protect Canadian children, we should do what we can to protect innocent kids beyond our borders," Harper said.

The proposed changes would also include measures to improve information sharing between police and border officials to track sex offenders.

THE CANADIAN PRESS

Quoted

"Gaps in information collection and sharing, as well as gaps in enforcement, mean child predators can slip over our borders unmonitored. That is going to change."

Prime Minister Stephen Harper

BLOODSHED IN D.C.

People hold their hands to their heads as they are escorted out of the building where a deadly shooting rampage occurred at the Washington Navy Yard in Washington, D.C., on Monday. The gunman died in a shootout with police after 12 people were killed. Story, page 6. JACQUELYN MARTIN/THE ASSOCIATED PRESS

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Public warning

Police steering heroin users to Insite in wake of overdose deaths

Vancouver police are actively pushing drug users towards supervised injection site Insite following two recent overdose deaths.

A public warning issued by the department Monday says two local drug users have been found dead in what appears to be separate heroin overdoses.

It encourages drug users to be "extremely cautious and utilize the services of Insite," where they can be supervised by medical personnel who are able to intervene in an emergency.

Vancouver Coastal Health, other police agencies, the B.C. Ambulance Service, and community partners have also been notified by VPD.

Portland Hotel Society (the co-operator of Insite) executive director Mark Townsend echoed the department's warning.

"That was sort of our genesis, after people were being found dead alone in (Single Room Occupancy hotels). It gets quite depressing," said Townsend. "The warning shows that Insite is effective and that the VPD do care."

The warning coincides with Prime Minister Stephen Harper's visit to Vancouver, and the Stand Up For Science day of action.

Despite overwhelming scientific support, the Conservative government has been vehemently opposed to Insite's existence.

Only a Supreme Court of Canada decision thwarted the government's bid to shut down the Downtown Eastside facility.

MATT KIELTYKA/METRO

David Suzuki makes a passionate plea for scientific funding from the government at a Stand Up For Science rally outside the Vancouver Art Gallery Monday.

MATT KIELTYKA/METRO

Mad scientists take to the streets

David Suzuki. Famed scientist kicks off Vancouver leg of Stand Up for Science rally

MATT KIELTYKA
matt.kieltyka@metronews.ca

After much research and evidence-gathering, scientists have come to a not-so-startling conclusion: They are furious.

Hundreds of scientists, environmentalists and academics rallied outside the Vancouver Art Gallery Monday to voice their displeasure at what they say is a deliberate strategy by the federal government to muzzle the scientific community through public policy, funding cuts and intimidation.

Famed scientist and activist David Suzuki kicked off the Vancouver leg of the nation-wide Stand Up for Science rally, working the crowd of several hundred into the spirit with a passionate and animated tirade.

West Coast issues such as Conservative support for the Enbridge Northern Gateway pipeline and cutbacks to the Department of Fisheries and Oceans featured prominently.

"How can we make an informed decision on the future of the Northern Gateway pipeline and the consequences of a major oil spill if we don't have the best scientific evidence?" asked Suzuki.

Other rallies

17

The rally in Vancouver was one of 17 during the day of action, organized by Evidence for Democracy.

"I think our government is acting as if out of sight, out of mind. They don't want to hear anything that will counter the kind of political or economic agendas they have. I believe that the muzzling of scientists represents a government that is wilfully blind."

He had an ally in NDP New Westminster-Coquitlam MP Fin Donnelly.

"This is what democracy looks like," he said. "It's unfortunate that we have to stand up and do rallies across the country for such basic, fundamental things like good, solid information."

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Transgender girl, 10, lobbies for ID change

Vancouver Island.
B.C. law prevents youth under 18 to change identification

Ten-year-old Harriette Cunningham knows she's a girl, even if her birth certificate and passport say otherwise.

"Harriette has been a little girl for a long, long time," said her grandmother, Cathie Dickens. "But every time my daughter tries to enrol her in something, there's this big explanation process, and any time she gets close to the border, she gets worked up worrying about what's going to happen."

Born male, Harriette started living as a girl last summer. She wants her identification to reflect that choice, but B.C. law prevents her from changing her birth certificate unless she's undergone sex reassignment surgery.

"She's a very clear-thinking girl, and she gets that it's discriminatory," Dickens said. "She says, 'Grandma, why can't my identification say who I am?'"

With help from Dickens, Harriette is mailing letters to local Comox MLAs and MPs asking for the surgery requirement to be dropped. They've also scheduled a meeting with Comox MLA Don McRae, who is also the minister of social development.

Dickens hopes B.C. will look to Ontario as an example. Last year, the Ontario Human Rights Tribunal ruled the surgery requirement was discriminatory. **LUKE SIMCOE/METRO**

Ten-year-old Harriette Cunningham. COURTESY MEG CUNNINGHAM

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Broken leg.
Injured hunter rescued by helicopter after being stranded

A 63-year-old man hailed by the RCMP as a tough, experienced and prepared hunter has been rescued by helicopter after being injured and stranded in a remote area in B.C.'s northern Interior.

Const. Lesley Smith says the man broke his leg on Saturday while out in rural terrain near Dease Lake that was a three-hour hike away from the nearest road.

The man's 29-year-old hunting partner managed to walk out and call for help, but Smith says an air ambulance couldn't land in the area because of the rugged terrain.

An RCMP helicopter that happened to be in the area came to the rescue, and the injured hunter was transported to the Stikine Health Centre in Dease Lake.

Police say the hunter was well prepared and by the time emergency crews arrived, he had already made crutches for himself and was planning on staying the night. **THE CANADIAN PRESS**

Recovering

The injured man is now recovering at home after being fitted for a cast.

Kamloops area

Lightning damages hydro tower, power cut to thousands

A lightning strike in B.C.'s southern Interior gave students in several schools at least part of the day off Monday.

Students in the North Thompson communities of Sun Peaks, Rayleigh, Clearwater and Barriere were told to stay home until electricity was restored.

Power was cut to about 10,000 customers in a wide area north of Kamloops just after 3 a.m., when lightning hit a transmission tower, breaking one of the tower arms.

The blacked-out strip stretches roughly 300 kilometres from just outside Kamloops, north to Valemount.

BC Hydro spokesman Dag Sharman said crews had to repair the transmission tower first. **THE CANADIAN PRESS**

Northwestern B.C.

Murder charge laid in suspected drug shooting

A 29-year-old man is awaiting a Wednesday court date in Prince George after being charged in connection with a deadly weekend shooting in Terrace, nearly 600 kilometres west.

Mounties in Terrace say Travis Stephens was picked up Sunday following an extensive search.

He has been charged with one count of murder and one count of attempted murder, linked to a Saturday afternoon attack in the Terrace-area suburb of Thornhill.

Investigators say 27-year-old Eric Cardinal died and a 29-year-old woman was injured but has since been released from hospital.

The shooting is believed to be drug-related.

Police say all three people are known to them and the victims knew their assailant. **THE CANADIAN PRESS**

Eight-year-old boy badly burned in motorhome fire dies from his injuries

Oliver. Child was burned on over 40 per cent of his body in the late August incident

An eight-year-old Oliver boy fought as hard as he could, but severe burns suffered in a motorhome fire in late August proved too much.

Cody O'Conner died Friday at Canuck Place in Vancouver after being removed from life support.

He was burned on over 40 per cent of his body on Aug. 28, when a smoky blaze engulfed his family's older-model motorhome, parked at a campsite in Oliver.

The boy's family had recently relocated to Oliver and was living at the campground while looking for a permanent home.

Remembrance

"He was a wonderful child ... a very happy little boy who was always smiling."

Karen Sinclair, vice-principal of the elementary school Cody was attending

Oliver fire Chief Dan Skaros pulled Cody from the flames. At the time it was reported the child's injuries were serious but not life-threatening.

However, his conditioned worsened after he was transported to Vancouver, and he spent his final days at the children's hospice.

Karen Sinclair, vice-principal at Oliver Elementary School, where Cody was supposed to start Grade 3 and had attended for part of Grade 2, said staff are saddened by the tragic event and counselling has been made available for students.

"He was a wonderful child ... a very happy little boy who was always smiling," she said.

The cause of the fire was not suspicious.

The family is not insured, and a registered organization known as Sharespring is assisting with funeral arrangements.

PENTICTON HERALD/ THE CANADIAN PRESS

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Firearms charges

'Prolific offender' in custody after allegedly fleeing

RCMP say a "prolific offender" in Penticton is back in custody and facing multiple drug and firearms charges after attempting to flee from police.

Mounties spokesman Cpl. Dan Moskaluk says officers have been investigating Andrew Hardenstine ever since his recent release, and police moved to arrest him last Wednesday after seeing him enter and leave an apartment building with a backpack that had what looked like a long gun draped in cloth sticking out of it.

Moskaluk says Hardenstine tried to flee on a stolen motorcycle but ended up crashing into an unmarked police car.

THE CANADIAN PRESS

Saanich

Store robbed for 4th time in 4 months

A 7-Eleven store in Saanich was robbed for the fourth time in as many months on Saturday, and police believe the culprit may be a repeat offender.

The convenience store at Tillicum and Carey roads was robbed around 5:45 a.m. by a man wielding a knife. He made off with an undisclosed amount of cash.

A canine unit was unable to locate the perpetrator. However, police obtained security footage and believe the same man may be responsible for at least two of the earlier thefts.

The same location was robbed June 25, July 15 and Sept. 10. The thief was wielding a screwdriver in the June robbery, while a switchblade was used in the other incidents.

LUKE SIMCOE/METRO IN VICTORIA

Local suspects

Pair see 140 charges in pin-pad thefts

More than 140 charges have been laid against two Vancouver men accused of pin-pad theft across Canada.

A release from the Saskatoon Police Service said both men, Paul Bell, 33, and Eric Cleland, 54, are facing 71 charges each.

The men were arrested on Aug. 22 at 11 p.m. when a patrol officer recognized a van matching a description given by the Brandon Police Service of a vehicle connected to the thefts in Manitoba.

Inside the van, police found a number of pin-pad machines and credit cards, all believed to be stolen.

Police in Saskatoon are continuing to work with agencies across Canada, including those in Regina, Brandon and Winnipeg.

METRO

13 dead in shooting rampage at Washington naval complex

Gunman shot dead.
Ex-military man involved in what Obama calls a 'cowardly act'

The U.S. capital became the latest American city to grapple chaos and bloodshed Monday when a former military man opened fire at the city's heavily guarded Navy Yard, killing 12 people.

After the gunman was killed in a shootout with police, authorities warned there could be two other perpetrators still at large. But at a late-night news conference, Cathy Lanier, D.C.'s police chief, said Aaron Alexis, a 34-year-old one-time Navy reservist, acted alone.

The FBI appealed to the public to come forward with information about Alexis, who was working as a military contractor after being discharged from the Navy two years ago. He was born in New York City but most recently resided in Fort Worth, Texas.

The city's mayor, Vincent Gray, said earlier Monday that officials had no reason to believe the shooting was an act of terrorism.

"We'll continue to seek information about what the motive is," he said. "We don't have any reason at this stage to suspect terrorism, but certainly it has not been ruled out."

Officials are now investigating whether Alexis's discharge from the Navy played a role in the events. The Navy Yard is the largest of the U.S. Navy's five system commands.

In remarks from the White House, a terse U.S. President Barack Obama pointed out the regularity with which such shootings afflict the nation. Obama tried unsuccessfully to push tougher gun control laws through Congress earlier this year following the horrific shooting in Newtown, Connecticut in December. THE CANADIAN PRESS

A Metropolitan Police Department officer walks near the Washington Navy Yard Monday after at least one gunman launched an attack there, spraying gunfire on office workers in the cafeteria and in the hallways at the heavily secured installation in the heart of the nation's capital. Inset: a photo of now-dead Aaron Alexis, who police believe was one perpetrator. JACQUELYN MARTIN/THE ASSOCIATED PRESS; INSET: FBI/THE ASSOCIATED PRESS

Charter of values is doomed, Harper predicts

The Harper government has promised to intervene legally if it determines PQ's values charter violates fundamental rights. JONATHAN HAYWARD/THE CANADIAN PRESS

Prime Minister Stephen Harper has predicted that the Parti Quebecois' controversial values charter will fail because of opposition within Quebec.

The prime minister made his first remarks since the Quebec government released a plan last week that would bar people with religious headwear from working in the public service.

Harper was asked during a news conference Monday about the controversial proposal, following the release of a poll on the subject.

"I do not see the charter in its current form going anywhere," Harper said. "I think the common sense of Quebecers will force this towards a reasonable conclusion."

Despite the PQ's repeated efforts to turn the debate into a Quebec-versus-Canada squabble, Harper noted that the support is also less than stellar within Quebec.

Harper pointed out that none of the other three parties in the Quebec legislature supports the PQ plan in its current form.

He was speaking after the release of a poll Monday that suggested a split in Quebec public opinion — although the response specifically from francophones was 49 per cent support for the PQ plan, 34 per cent opposed and 17 per cent refusing to answer.

That finding suggests a notable shift from similar polls before the plan was formally introduced, when a crushing majority had expressed support for a charter like the one the PQ proposed. THE CANADIAN PRESS

Key battleground

The poll of 2,000 does point to one area where the charter is especially popular: the northern and southern belt around Montreal.

- Nearly one-quarter of the province's seats are in that belt. The PQ is nine seats shy of a majority and, in that region, was narrowly defeated in over a half-dozen ridings last year.

Kant we all just get along?

Philosophy debate leads to gunfight in Russia

An argument in southern Russia over philosopher Immanuel Kant devolved into pure mayhem when one debater shot the other.

A police spokeswoman in Rostov-on-Don said two men were discussing Kant as they stood in line to buy beer at a small store on Sunday. The discussion deteriorated into a fist fight and one participant pulled out a small nonlethal pistol and fired repeatedly.

The victim was hospitalized with injuries that were not life-threatening.

It was not clear which of Kant's ideas may have triggered the violence. THE ASSOCIATED PRESS

Sexist tweets

Three firefighters turn fired-fighters

Three Toronto firefighters have lost their jobs over inappropriate comments made on social media.

Toronto Fire Chief Jim Sales says the firings are the result of an internal investigation launched after a media report in August said two firefighters posted sexist messages on Twitter.

Sales says those two firefighters along with a third have now been let go after the probe discovered "significant findings" of inappropriate social media use and public comments that ran afoul of city policies.

A spokesman for the Toronto Professional Fire Fighters' Association had suggested the tweets were referencing quotes from a TV show. THE CANADIAN PRESS

320 km, $30,000

GM working on electric car that goes farther for less

As automakers race to make cheaper electric cars with greater battery range, General Motors is working on one that can go 320 kilometres per charge at a cost of about $30,000, a top company executive said.

Vice-President of Global Product Development Doug Parks wouldn't say when or if such a car will be built.

Currently GM sells the $35,000 Chevrolet Volt plug-in hybrid, which can go 61 kilometres on electricity before a gas-powered generator kicks in. It also offers the all-electric Chevy Spark subcompact that can go 132 kilometres on a charge. It starts at $26,685. THE ASSOCIATED PRESS

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B.C. municipalities still want to trash paper recycling contract

Environment. People will be able to recycle more materials under the new regime, including polystyrene, milk cartons, plant pots, aerosol containers and aluminum containers

EMILY JACKSON
emily.jackson@metronews.ca

Polluters are preparing to pay for paper recycling instead of municipalities, but B.C. cities still want to throw the contract in the trash.

Local representatives remained unimpressed after Ministry of Environment staff and Multi-Materials B.C., the industry-funded organization slated to take over packaging and printed paper (PPP) recycling by May 2014, pitched the changes at the Union of British Columbia Municipalities Convention on Monday.

MMBC softened its Monday deadline to sign onto its services after local backlash, but municipalities including Vancouver, Burnaby and Surrey say the contract gives too much power to MMBC and imposes penalties that are too strict if the blue boxes intended for recyclables are contaminated with a small percentage of garbage.

They're also not convinced curbside service will be as good under MMBC or that they'll have their costs covered.

MMBC is willing to sit down to discuss the contract, but it isn't necessarily willing to negotiate specifics, MMBC managing director Allen Langdon said at the meeting.

Those who didn't sign on can be included in the program at an unspecified later day pending further discussions, Langdon said.

The new system is all part of the province's goal to recycle more paper. As it stands, naughty British Columbians only recycle 50 to 55 per cent of PPP, a number MMBC wants to boost to 75 per cent.

The $100-million system will be paid directly by producers, Langdon said, and will eventually relieve taxpayers of blue box collection costs.

People will be able to recycle more materials under the new regime, including polystyrene, milk cartons, plant pots, aerosol containers and aluminum containers.

The rules will be the same across the province.

Bales of waste paper await collection for recycling at the Materials Recovery Facility on April 27, 2006, in Leatherhead, England. Polluters are preparing to pay for paper recycling instead of municipalities, but B.C. cities still want to throw the contract in the trash. PETER MACDIARMID/GETTY IMAGES

British Columbia revamping land-spill response

B.C. is upgrading its land-spill-response programs in case of a disaster like the one seen here in Lac Mégantic. A train derailment and subsequent explosion killed 47 people there in July. IAN WILLMS/GETTY IMAGES

Of the 3,500 "environmental emergencies" B.C.'s land spill management team handles each year, 10 per cent pose an environmental or human risk that take weeks, months or years to control.

That's about one major gas leak, oil spill or lumber incident per day.

With numbers like that, it's no wonder local representatives were skeptical about the province's emergency response system at an update on B.C.'s spill preparedness at the Union of B.C. Municipalities Convention on Monday.

B.C. is in the process of revamping the system so industry pays for its "fair share" of the response and the clean up, said Jim Hofweber, executive director of the Environmental Management Branch.

"Usually you don't get that chance until you've had a major catastrophic spill," Hofweber said, but the premier's demands regarding the major pipeline projects have hastened the upgrades.

Industry is willing to foot the bill for a contingency fund to alleviate the public's fears and get a social licence to operate, he said.

Hofweber also tried to quell concerns from rural communities that feel left alone and in the dark in emergency situations.

The new legislation would require companies to have a pool of equipment that can be drawn upon in disasters ranging from a Lac Mégantic-type explosion to a burst pipeline.

The legislation would stipulate where to put that equipment, how to set up incident command and how to communicate information to the public.

In an ideal world, the spill team will have a website updated with photos and information hourly, similar to how wildfires are managed.

EMILY JACKSON/METRO

On the web

For more local news go to metronews.ca

A collective voice

Top 3 oddball resolutions at B.C. municipal convention

Discussions will range from the serious to the mundane to the outright odd at the annual Union of B.C. Municipalities Convention this week.

The UBCM Convention is a chance for municipalities to pass resolutions and lobby higher levels of government with a collective voice. As the saying goes, "strength in numbers."

While local leaders discuss many serious issues such as campaign financing, transit funding and emergency management, some of the resolutions are a bit more on the, um, unusual side of things.

Here are some of the more out-there resolutions:

1) Do you use a motorized scooter to get around? Sidney wants you to get a licence for that. Scooter-users, often seniors and people with mobility challenges, should be trained to ensure safety, according to the resolution.

2) Kill the geese, already. To deal with its growing Canada Goose population, which it says is hurting tourism and health in parks, Osoyoos asked the province to encourage the Canadian Wildlife Service to issue more kill permits or to issue them itself.

3) Resolution on resolutions (actually). Since nothing ever seems to happen with many of the resolutions passed at the UBCM, the Sunshine Coast wants to pass a resolution to see how effective resolutions are.

EMILY JACKSON/METRO

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UN: 'Convincing evidence' of chemical attack in Syria

Inspection. Still not clear who's to blame as war-crimes panel says they're investigating 14 suspected attacks

Careful not to blame either side for a deadly chemical weapon attack, UN inspectors reported Monday that rockets loaded with the nerve agent sarin had been fired from an area where Syria's military has bases, but said the evidence could have been manipulated in the rebel-controlled stricken neighbourhoods.

The U.S., Britain and France jumped on evidence in the report — especially the type of rockets, the composition of the sarin agent and trajectory of the missiles — to declare that President Bashar Assad's government was responsible.

Russia, Syria's closest ally, called the investigators' findings "deeply disturbing," but said it was too early to draw conclusions. The Syrian government's claims that opposition forces were responsible for the attack "cannot be simply shrugged off," Russian Ambassador Vitaly Churkin insisted.

The conclusions represented the first official confirmation by impartial scientific experts that chemical weapons were used in Syria's civil war, but the inspectors' limited mandate barred them from identifying who was responsible for the Aug. 21 attack.

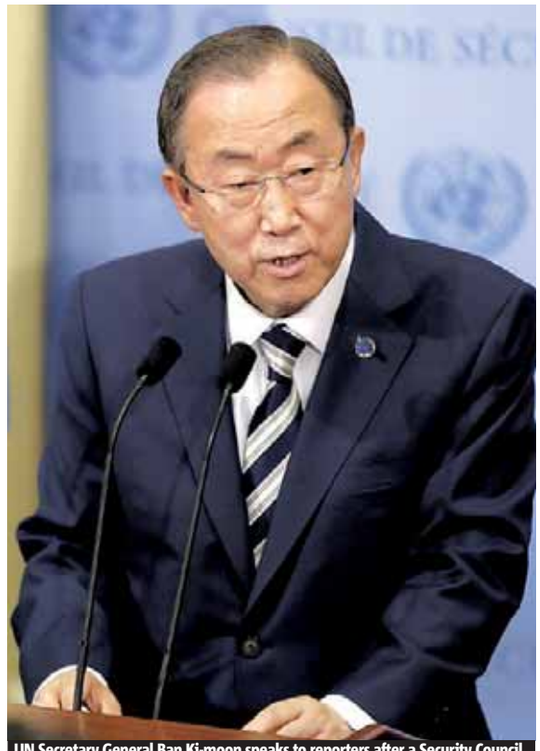
"This is a war crime," UN Secretary General Ban Ki-moon told the Security Council. "The results are overwhelming and indisputable. The facts speak for themselves."

Ban called it "the worst use of weapons of mass destruction in the 21st century."

The deep division between Western backers of rebels seeking to overthrow Assad and Russian and Chinese supporters of the regime has paralyzed the UN Security Council since the Syrian conflict began two-and-a-half years ago.

Even though the United States and Russia agreed Saturday on the framework to put Syria's chemical weapons stockpile and precursors under international control for future destruction, their top diplomats were at odds Monday over a new Security Council resolution that would make the deal legally binding — and whether there should be a reference to possible military enforcement if Syria doesn't comply.

In Geneva, the chairman of a UN war-crimes panel said it is investigating 14 suspected chemical attacks in Syria, dramatically escalating the stakes. Paulo Sergio Pinheiro said the panel had not pinpointed the chemical used or who is responsible. THE ASSOCIATED PRESS



UN Secretary General Ban Ki-moon speaks to reporters after a Security Council meeting about Syria. UN inspectors said Monday there is "clear and convincing evidence" that chemical weapons were used on a relatively large scale in an attack last month that killed hundreds of people.
SETH WENIG/THE ASSOCIATED PRESS

Wandering helicopter

Turks down Syrian pilots

A Turkish fighter jet shot down a Syrian military helicopter on Monday after it entered Turkish airspace and ignored repeated warnings to leave, an official said.

The helicopter strayed two kilometres into Turkish airspace, but crashed inside Syria after being hit by missiles fired from the jet, Turkey's deputy prime minister, Bulent Arinc, told reporters.

Arinc said he did not have any information on the fate of the Syrian pilots, but Rami Abdul-Rahman, director of the Syrian Observatory for Human Rights, said rebel fighters captured one of the pilots, while the fate of the other one was unclear.

Spain

Alleged al-Qaida recruiter arrested

Spain's Interior Ministry says police have arrested the suspected leader of a terrorist recruitment network that allegedly sent militants to carry out attacks for al-Qaida-linked groups in Syria.

A ministry statement said Spanish citizen Yassin Ahmed Laarbi was arrested Monday in the Spanish north African enclave of Ceuta.

Police detained eight suspected members of the network June 21 in Ceuta. Laarbi could not be found during that operation.

The group is said to have sent 50 militants to Syria.
THE ASSOCIATED PRESS

Japan

Ferocious typhoon downgraded

A powerful typhoon that lashed Japan with torrential rains, leaving two dead, was downgraded to a tropical storm Monday, although it was still dumping rain on parts of the country.
THE ASSOCIATED PRESS

Floodwaters rage in Chilpancingo, Mexico. THE ASSOCIATED PRESS

Storms rock Mexico

The remnants of Hurricane Ingrid and Tropical Storm Manuel drenched Mexico's Gulf and Pacific coasts with more torrential rains Monday, flooding towns and cities, cutting highways and setting off landslides in a national emergency that federal authorities said had caused at least 34 deaths.

The Mexican government said the country had not seen a similar weather crisis since 1958, when the country was simultaneously hit by two tropical storms on separate coasts.

More than 23,000 people fled their homes in the state due to heavy rains spawned by Ingrid, and 9,000 went to emergency shelters.
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Poor Indian girl, 13, enrols in graduate program

Eat, sleep, study.
Daughter of labourer eyes masters degree; father sells family's land to help pay tuition

Master of science student Sushma Verma, 13, of Lucknow, India.
RAJESH KUMAR SINGH/THE ASSOCIATED PRESS

In a country where many girls are still discouraged from going to school, Sushma Verma is having anything but a typical childhood.

The 13-year-old girl from a poor family in north India has enrolled in a master's degree in microbiology, after her father sold his land to pay for some of his daughter's tuition in the hope of catapulting her into India's growing middle class.

Verma finished high school at the age of seven and earned an undergraduate degree at 13 — milestones she said were possible only with the sacrifices and encouragement of her uneducated and impoverished parents.

"They allowed me to do what I wanted to do," Verma said in an interview Sunday, speaking her language of Hindi.

Verma lives a very modest life with her three younger siblings and her parents — eating, sleeping and studying alongside them in a cramped single-room apartment in Lucknow, in Uttar Pradesh.

Sushma Verma's first choice was to become a doctor, but she cannot take the test to qualify for medical school until she is 18.

"So I opted for the M.Sc. and then I will do a doctorate."

Verma is not the first high-achiever in her family. Her older brother became a computer science graduate at the age of 14.

THE ASSOCIATED PRESS

Diversity and Miss America

Newly crowned Miss America Nina Davuluri speaks on Monday. She was asked about some social media users who are upset that someone of Indian heritage won. "I have to rise above that," she said. Nina is the first Miss America of Indian descent. GETTY IMAGES

Turkey info

Men will now help man the Butterball line

This year if you call Butterball's Turkey Talk Line for some cooking advice, you might get a male voice on the line.

For the first time, Butterball is enlisting the help of men as well as women for its Turkey Talk Line during the holidays. And the turkey seller is seeking the first male talk-line spokesman this year, as well.

The talk line, which is 32 years old this year, has long offered advice to anyone overwhelmed by making the perfect turkey on the holidays.

It has been improving its services, last year launching a smartphone app, Facebook live chats, Pinterest posts and other social media tools. But the line, which has grown from six operators to 60 since it launched in 1981, has never hired men before now.

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Market Minute

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Bombardier's CSeries jet has inaugural flight

Test run. Narrow-body plane's 'game-changer' engine is touted as quieter, fuel-efficient

Bombardier's CSeries aircraft completed its maiden flight Monday, in a successful test run of a new narrow-body airplane design that promises to support Canada's aerospace sector while challenging the dominance of the industry's two giants.

Nearly 3,000 employees, suppliers and invited guests cheered as the gleaming CS100 plane quietly lifted off the runway at Mirabel airport north of Montreal. It landed about two and a half hours later after flying across the Lower Laurentians and conducting a fly past.

The company's test pilot left the airplane waving and lauding the aircraft's performance. "It flew very well," said Chuck Ellis.

Bombardier CEO Pierre Beaudoin, right, with commercial aircraft chief Mike Arcamone after the CS100 test flight on Monday. THE CANADIAN PRESS

"It's a bit of a cliché but it really did fly pretty much like our predictions, like the simulators, the models that we have," he said later during a news conference.

Mike Arcamone, president of Bombardier commercial aviation, said the flight will help to convince potential customers of the aircraft's value. The company faces determined competition from industry giants Airbus and Boeing that are putting new engines on their popular planes to preserve their market share. Embraer is also updating its E2 family of jets.

"I think it will get even more competitive as people have seen across the world that there is an aircraft and it's an aircraft that is fulfilling its mission, which is to be a game-changer in terms of the engine," he told reporters. The Pratt & Whitney engine promises to be quieter and help it to deliver fuel cost savings.

THE CANADIAN PRESS

Canadian-designed

- Bombardier aerospace president Guy Hachey said the CSeries is the world's first new narrow-body design in 27 years. It's also the first major Canadian-designed aircraft since the Avro Arrow.

Wireless

Bell cuts price of U.S. roaming

Bell Canada says its mobile customers travelling in the U.S. will be able to pay lower fees for their roaming packages. The company said it's making the change in response to consumer feedback over the summer, and that the 30-day U.S. travel bundle, which formerly cost $50, will be reduced to $25 for a specified amount of call minutes, texting, web usage and other data. THE CANADIAN PRESS

Cape Canaveral, Fla.

Cargo ship makes debut run to ISS

A Virginia firm makes its debut this week as a space station delivery service, and an American aboard the orbiting lab is counting on a fresh stash of chocolate. NASA astronaut Karen Nyberg said she can't wait for this weekend's arrival of a new cargo ship named Cygnus. THE ASSOCIATED PRESS

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FALL FASHION ON A SHOESTRING

SHE SAYS

Jessica Napier
metronews.ca

I'm not a fashion writer; I don't know how to theorize about textures or what makes one designer more important than another. But I do take a recreational interest in the clothes I put on my body.

Since I recently bought a new home I now have a mortgage, which in turn means I no longer have a clothing budget. Rather than investing in new designer wares for the season, I've been watching various international fashion weeks unfold through the eyes of stylish Instagram users and taking notes on how to wear my existing clothes in new ways.

And so, inspired by the world of impossibly high-heeled fashion bloggers, here are a few easy wardrobe tweaks to help you look as if you're strutting between runway shows rather than dashing from the office to your local Tim Hortons.

Sleeves are so passé. It's getting cold out there, but if you're still putting your jacket on properly then you're doing it wrong. Rather than slipping into your sleeves, adopt the style de rigueur and casually drape your outerwear over your shoulders instead. A slung-jacket will guard you from the cold (kind of) but is incredibly difficult to maintain unless you keep your elbows glued to your rib cage. To prevent your coat-as-cape from slumping to the ground, remember that this sophisticated look is best worn while standing perfectly still and away from any crowds or strong gusts of wind. Caution: this style is not compatible with purses, cell phone use, public transit or any sort of arm movement.

Hot to crop. Crop tops made a valiant return this summer and the trend is sticking around for fall with a few additional layers to offset the chill brought on by a bare midriff. But there's no need to spend $50 on a half a shirt when you can take a DIY approach instead. If you've got a pair of scissors, then you've got yourself a closet full of crop tops.

All white everything. Head-to-toe white is officially a thing now which means you don't have to stow away half your wardrobe once Labour Day has come and gone. Technically, winter white should be more of a creamy shade, but budget conscious individuals can simply repurpose their existing white jeans by trading boat shoes for boots. Keep in mind, there is a definite expiry date on any monochromatic white ensemble. Pale bottoms should be retired for the season once the snow begins to fall unless you fancy a grey slush splatter print creeping up the back of your legs.

Cap it all off. Every good Canadian owns at least one toque and finally the rest of the world is catching up with us. Now that these effortlessly cool knits have made the leap from skating rinks to street style, it's time to dig through that collection of slouchy caps hiding at the back of your closet. Not only are colourful toques a playful way to update your outfit, you'll also get bonus points for actually being practical in colder temperatures. Fashion and function together at last.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Shipwreck wrested from reef

MARCO SECCHI/GETTY IMAGES

Parbuckling begins on Costa Concordia

The parbuckling project to raise the stricken Costa Concordia continued Monday in Isola del Giglio, Italy. Efforts are underway to right the vessel, which sank on Jan. 12, 2012.

If the operation is successful, it will then be towed away and scrapped.

GETTY IMAGES

Captain on trial

- The Concordia's captain is on trial on the mainland for alleged manslaughter, causing a shipwreck and abandoning the ship during the chaotic and delayed evacuation. Capt. Francesco Schettino claims the reef wasn't on the nautical charts for the liner's cruise.

Submerged side damaged by sea

Images transmitted by robotic diving vehicles indicated that the submerged side of the cruise ship's hull had suffered "great deformation" from all its time on the granite seabed, battered by waves and compressed under the weight of the ship's 115,000 tons, engineer Sergio Girotto said.

THE ASSOCIATED PRESS

Largest vessel to undergo manoeuvre

The operation, known in nautical parlance as parbuckling, was used on the USS Oklahoma in 1943 after the Japanese attack on Pearl Harbor. But this 300-metre vessel is the largest cruise ship ever to capsize and subsequently require the complex rotation. THE ASSOCIATED PRESS

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Finally, hashtag haters, you've been heard. From journalists to marketers, hashtag abusers wreaking havoc on social media are being hushed and over-hashtagging is slowly coming to a halt. But Rome wasn't built in a day, and ridding the information superhighway of gratuitous tags takes time. Here's hoping we can hurry the process just a little. Presenting, the hashtag hall of shame.

#Yum #Mmmm:
I'm sorry to tell you, but pretty much no one cares what you're eating. Even if you use a filter and it looks like a Rachel Ray creation.

#SorryNot-Sorry:
Obviously you're not sorry, so why bother with the apologetic tease?

ISTOCK

#FirstWorld-Problems:
Complaining about Timmies' cup design just makes you sound ignorant to actual injustices around the world.

#yolo:
Just don't. Seriously. Don't.

Twitter

@metropicks asked: Giant jellyfish swarm Japan's coast as numbers rise. If there were a film, what would be the title?

@8zenuf4me: They must be jelly, because clams don't shake like that.

@LegendaryAres: Got Jelly?

@mubnii: "I don't think you're ready for this Jelly"

@Ducks_own: The Art of Man-of-War.

@DonaldTietz: don't worry the radiation will kill them or make them grow to the size of a house.

@Canucklehead_ca: Jellraiser IV: The Jellyfish Take Japan.

@Stephycool16: Japan's Giant Jellyfish problem

@DariaTuhtar: Jellyfishnado.

@8zenuf4me: Global swarming of jellyfish: Do they come in lime flavor?

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DVD reviews

Iron Man 3

Director. Shane Black

Stars. Robert Downey Jr., Gwyneth Paltrow, Don Cheadle

●●●○○

Robert Downey Jr.'s brainiac billionaire Tony Stark calls himself a "piping hot mess," which also describes this third Iron Man saga: a smoking heap of chuckles and knuckles, set to the ring of Jingle Bells and the clang of iron suits and war machines. Stark suffers anxious flashbacks of last year's The Avengers tussle while at the same time cockily daring this year's super villain, a terrorist called the Mandarin (Ben Kingsley), to bring it on, GWB style. The taunt brings fire to Stark's Malibu pad, but Iron Man 3 actually begins on New Year's Eve 1999, as Stark meets two players who will later demonstrate what "karma" means: sexy botanist Maya Hansen (Rebecca Hall) and frantic nerd Aldrich Killian (Guy Pearce). Jump to 2013 and Stark is dealing with as many challenges and threats as writer/director Shane Black (and co-writer Drew Pearce) can stuff into their Plot-a-Matic machine, which includes a fly-apart Iron Man outfit that acts as visual shorthand for Tony's fractured psyche. He's as arrogant as ever, but reluctant to suit up. We need to remind ourselves that this is a comic book movie, where logic stops for popcorn. On this basis, Iron Man 3 offers a few twisted pleasures. Extras include deleted and extended scenes, a commentary by Black and Pearce, a gag reel and several making-of featurettes.

PETER HOWELL

Ross Mathews got a boost from Chelsea Handler, who is executive producing his new talk show, Hello Ross. THE ASSOCIATED PRESS

Living a superfan's dream

Hello Ross. When it comes to celebrity obsession, Ross Mathews is king — and he's got his own show to prove it

With his high-pitch voice, infectious giggle and encyclopedic knowledge of pop culture and entertainment, TV personality Ross Mathews has broken into the in-crowd of Hollywood.

After starting out as Ross the Intern on The Tonight Show, he now counts Gwyneth Paltrow and comedian Chelsea Handler as friends.

Handler is also his boss. She frequently uses him on her round table of commentators on E!'s Chelsea Lately. Now she's executive producing Mathews' own talk show called Hello Ross, airing Fridays on E!

"This really is the show that I always wish existed as a superfan myself," the 33-year-old said in a recent interview.

Hello Ross is different from Chelsea Lately. Handler's show specializes in snark, taking swipes at the latest celebrity gossip. Her interviews tend to knock stars down a few pegs, but Mathews is looking to build them back up on Hello Ross. It's an interactive experience where he both conducts interviews and also helps connect fans with their favourite entertainers.

Celebrities can be tough interviews because they're so rehearsed. And here you come and you're so happy and excited. Has that helped or hurt you?

Being a superfan in a town where a lot of times these interviews are mapped out with talking points, I think it's worked in my favour in terms of you catch people off guard with the energy and the knowledge that I have. It's led to some spontaneous moments.

You love celebrities but you've become one in your own right. What's that like?

I get to go into the parties and I pretend like I'm not freaking out and then I get into my car and I scream and I call my mom and say, "O-M-G, guess who was at the party and guess what they ate and how many chicken fingers they had?" Because I was counting.

You grew up in a small town, Mount Vernon, Wash., loving showbiz from afar. Did people then think you were destined for fame?

Growing up, you know, wanting to do this and being what I am, which is like this cartoon version of like a gay person with a big voice and a high pitch, there were a lot of people who told me, "It's probably not gonna happen for you. Broadcasting? It's probably not the way you should go." I'm lucky.

THE ASSOCIATED PRESS

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Kelly Rowland and Simon Cowell on The X-Factor. THE ASSOCIATED PRESS

Newbies, can you handle this?

Kelly Rowland. The X-Factor judge dishes on finding talent

MAJA LUNDAGER PEDERSEN
Metro World News in New York

Kelly Rowland has been through the highs and lows of the music industry, with its refusals and disappointments.

Being signed, being dropped, being signed, then being placed on a shelf, as she puts it. Today she sits as one of four judges in the third season of the U.S. version of The X-Factor, and she's happy to share what she's learned with contestants this season.

"Coming up in the music industry I ran into people who had some harsh things to say, but I grew more from people who actually were constructive and gave details about how I can grow," she says. "I paid attention to those people and wanted to apply that to the way I'm a judge, because it's about seeing people grow and be better and become something wonderful."

But what does wonderful mean to her?

"I think, above anything, people love to see passion, and

"I think that when it comes to performing, people just want to be entertained.

"If you're not up there having fun, then how can anybody else who is watching you have fun?"

Rowland says she's looking for fun, and while some might fear that could cloud her judgment, Rowland's not worried.

"I've turned someone down because they had a wonderful look and they sounded awful.

"I don't want them to come into this competition thinking they can get on by their looks.

"It's more than that. It's your talent, your passion, your hunger and your dedication.

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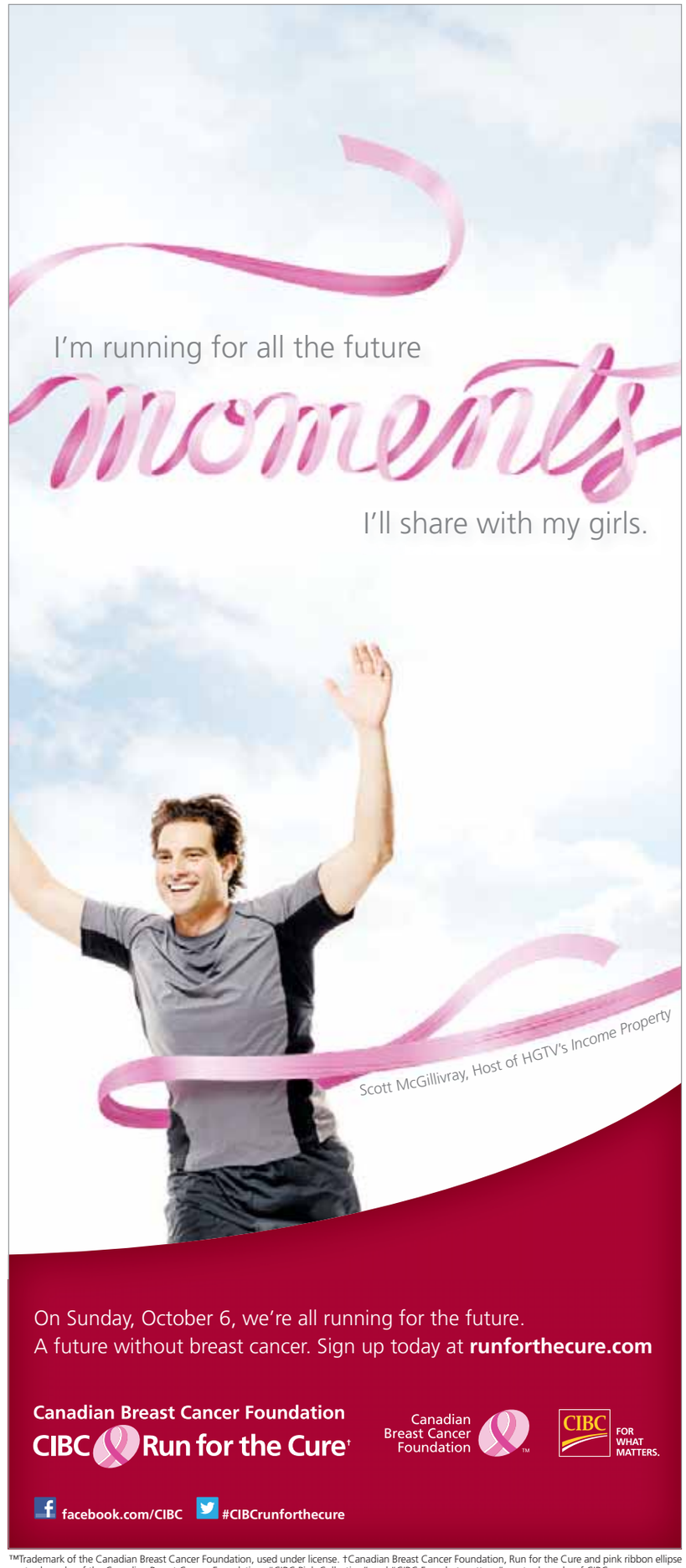
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Busy Kaling joins comedy's female elite

The Mindy Project. Since her humble beginnings at The Office the South Asian-American funny gal has forged a solid career

Mindy Kaling stars in and executive produces The Mindy Show. THE CANADIAN PRESS

Don't be fooled by her short hairdo. Mindy Kaling wants you to know she did not cut her hair.

"This is a wig right now," she tells reporters gathered on the set of The Mindy Project. The second year comedy returns Tuesday on Fox and City.

"I love having the short hair," she says, "but my writing staff largely hates it."

One of her writers predicted that if she cut her hair — as Keri Russell did years ago to disastrous effect on Felicity — the show would tank. Still, "chopping your hair off is something every woman fantasizes about doing," she says, and while her long hair remains under her wig, she's happy for now to have it both ways.

In many ways the 34-year-old Kaling is living her fantasies. While a slow build with audiences, The Mindy Project was a hit with critics, especially as it grew toward its first season cliffhanger finale.

Fans will recall Kaling's smart and snappy character, obstetrician/gynecologist Dr. Mindy Lahiri, was in the middle of a personal crisis when the season ended. She cut both her hair and her ties to her beloved New York to follow her Christian minister boyfriend Casey (Anders Holm) on a yearlong mission to Haiti. Everybody knows that's not going to last.

It showed, however, that Kaling was willing to stretch the series beyond the original, smarty-pants girl-in-the-city premise to give it more heart. The Mindy Show has evolved into a cheeky ensemble series, with Kaling's character growing along with it. A steady flow of big-name guest stars — James Franco appears as a rival doctor in Tuesday's season opener, along with returning guest star Chloe Sevigny and former Saturday Night Live alumnus Bill Hader — has helped bring more viewers to this smart sitcom. Reese Witherspoon and Anne Hathaway are on Kaling's wish list for this season.

The star power even gets to Kaling, who first met Franco last year while both were working on This is the End.

Says Kaling, "He has a smile that could stop a clock."

She and her regular costars, including Chris Messina as gruff-but-loveable Dr. Danny Castellano and Ike Barinholtz as eccentric nurse Morgan Tookers, sat before critics on one of the show's sound stages. One reporter suggested Dr. Mindy began more as a callous, self-involved Larry David-type character and got more likable as the season progressed. Kaling agreed. "As it turns out, you shouldn't be on TV and be like, 'I want to be unlikable,'" said Kaling. "That's one of the things you learn."

The writer/actress also learned that, while keeping the show edgy and being true to her younger comedy cred, there are certain TV conventions you just have to follow to draw a network audience.

"There's a sense of protecting a female character that I hadn't really anticipated," says Kaling, who nevertheless still seems determined to "stretch what we expect female characters to do." The Massachusetts native has only ever been on one previous series — but what a hot house that was. A Dartmouth graduate, she landed a writing job on The Office at age 24 — the only woman on a staff of eight writers.

Within a few years, she was a co-star on the series as Kelly Kapoor. By the time she left to do The Mindy Project, she was an Emmy-nominated executive producer. Kaling is part of a new generation of female comedy showrunners emerging in Hollywood. Lena Dunham, who stars, writes and created HBO's Girls and Liz Meriwether, the creator and executive producer/writer behind New Girl, are following 30 Rock and former Saturday Night Live head writer Tina Fey into TV's creative power positions.

Kaling is the first South Asian-American woman to headline her own U.S. network TV series. Having the confidence to follow her dream is something she says she got from her parents, who "rocked. They thought I could do anything," says Kaling, whose father is an architect and whose mother, like Kaling's TV character, was a gynecologist. THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Spears heads to the strip for a six-figure-a-day salary

THE WORD
Dorothy Robinson
scene@metronews.ca

Britney Spears has signed a two-year contract with Planet Hollywood Las Vegas to be the headliner of a "cool, hip club-like show," per producers. Her pay out is a cool $310,000 per show with the starlet performing 48 shows a year.

The final pay out will be around $15 million a year, per TMZ.com. In May, Spears talked to Shape about how she is training for the gig. "I'm doing 90 minutes of yoga twice a week in addition to a lot of cardio — hour-long sessions three times a week with my trainer, Tony Martinez," she said. "The (Vegas) performances won't be simple — they'll be a massive party from start to finish. And to pull this off, I have to be in top condition and running at full speed."

Jessica takes on the Timberlake name

Jessica Timberlake

Get used to saying "Jessica Timberlake," as Jessica Biel has officially changed her name nearly one year after marrying Justin Timberlake. "It's official. The paperwork is done and she's now legally Jessica Timberlake," a source confirms to Life & Style. The actress will still use her maiden name for professional purposes, though, so don't expect to see Jessica Timberlake on any movie posters anytime soon.

Jen says Ben is handling hecklers like a superhero

Jennifer Garner and Ben Affleck

Complain all you want about Ben Affleck being cast as the next Batman, he can take it. In fact, to hear his wife, Jennifer Garner, tell it, the couple likes to laugh at some of the more outrageous online reactions to the news — or at least she does. "I'll send him stuff and I'll say, 'Come on, this is a good one,'" Garner tells Metro World News. As for sparing Affleck's feelings, Garner says not to worry about it. "He's a pretty tough guy. You don't take one of these jobs expecting anything else," she says.

What would Uncle Phil say? Jaden takes serious jab at school system

Jaden Smith

Jaden Smith has some novel ideas about education reform. The 15-year-old son of Will and Jada Pinkett Smith took to Twitter for a serious of pontifications about youth and society. "School is the tool to brainwash the youth," he wrote. "If newborn babies could speak they'd be the most intelligent beings on the planet. If everybody in the world dropped out of school we would have a much more intelligent society."

Jaden, for his part, reportedly has been home-schooled since earlier this year when the New Village Leadership Academy — founded in 2008 by his parents with an allegedly Scientology-influenced curriculum — was shut down.

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Ray-Ban Aviators are the most common polarized lense. CONTRIBUTED

Dolce & Gabbana with gradient polar lenses. CONTRIBUTED

It's time to upgrade to polarized sunglasses

End of summer. Just because the weather is getting cooler doesn't mean you don't still have to be concerned about your eye care

JULIE KAYZERMAN
Metro World News

With light constantly reflecting off of surfaces like water or cars, regular sunglasses just aren't enough to protect our eyes from harmful bouncing UV rays.

The good news is polarized lenses can block light from getting into your eyes and keep you looking younger.

"The huge benefit is that it does reduce that glare," says Kristen McCabe, vice-president of product at Sunglass Hut.

"If you don't have polarized lenses, even if (your shades are) tinted, the light will still pass through. So when the light is getting into your retina, you squint, which can create premature wrinkles. Polarized lenses not only help you see better, but over time they help you look better, too."

McCabe's Picks

For your first pair of polarized frames, Kristen McCabe, vice-president of product at Sunglass Hut recommends a classic like the Ray-Ban aviators.

- **Quote.** "It's such a great versatile shape that's appropriate for every occasion, so that's a real investment piece that you can wear for years."
- **Dolce & Gabbana with gradient polar lenses.** "Gradient lenses are just a little bit softer, more feminine looking."
- **Prada with oversized gradient polar lenses.** "It's an oversize, kind of edgy oval look (offering) that iconic Prada logo."

What is polarization?

"Polarization, commonly known as glare, occurs when light reflects off a surface, like the ocean, a bright blue sky or the open road."

Kristen McCabe
Vice-president of product at Sunglass Hut.

"Polarization, commonly known as glare, occurs when light reflects off a surface, like the ocean, a bright blue sky or the open road."

How do they work?

"Polarized glasses have special lenses that deflect sun, allowing for a reduction in glare and increased visibility."

Elisha Dacey

Half Off check-in: A bump in the road

Two weeks ago we introduced Metro Winnipeg editor Elisha Dacey, who has teamed up with fitness professional Jordan Cieciwa and registered nutritionist Theresa Albert.

Dacey wants to lose half of her body weight and has been writing about it in her online blog, Half Off.

There have been a few recent bumps ("all part of life," says Dacey) including gallbladder surgery, her daughter starting school and an upcoming move into a new house.

"But I'm determined not to go off course," she says. "I'm trying really hard."

While her home exercise program is on hold, there are still ways to be active.

"In fact, the surgery was a good life event to learn how to prepare knowing that she's not going to be able to lift weights," says Cieciwa.

With the doctor's OK, he wants her to do a 30-minute walk twice a day.

"Depending on weather and fatigue, that's my target and I've walked every day since the surgery," says Dacey.

For other healthy ways to get unstuck, visit metronews.ca/voices/half-off.

For those following along at home, don't stop doing the home exercise program. A downloadable version can be found at the above link.

YLVA VAN BUUREN/ FOR METRO

Recovering from a stroke?

We are conducting a study on weight distribution during sit-to-stand using our assistive device. We are seeking volunteers who are recovering from a stroke and meet the following criteria:

- Able to **rise from a chair repeatedly, without using hands**
- Have **one leg that is noticeably stronger** than the other
- Most recent stroke **more than 6 months ago**

Participants will be asked to perform a series of chair-rise motions while being assisted by our device.

Location: UBC Point Grey campus.
Time commitment: 2 hours.
Compensation: local transportation expenses, small honorarium.

Interested? Please contact **Jenny Sullivan** at **604-352-9412** or **UBCSitToStand@gmail.com**

UBC Department of Mechanical Engineering

DAILY QUESTIONS

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Not all sneezes are created equal: the difference between colds and flus

Seasonal health.
Influenza and the cold are often mistaken for the same thing but they have very different symptoms

Get educated about cold and flu symptoms. NEWS CANADA

Many people confuse the flu with a bad cold — so what's the difference and how do you properly treat it?

In some ways they are similar. Both influenza, commonly referred to as "the flu," and the common cold are viral respiratory infections, affecting the nose, throat and lungs.

They are spread from person to person through airborne droplets that are sneezed or coughed up by an infected person.

In other cases, the viruses can be spread when a person touches an infected surface and then touches their nose, mouth or eyes.

This is the reason why these illnesses are most easily spread in crowded conditions such as schools or the workplace.

But the flu and a common cold usually have different symptoms, and are associated with different complications.

Quotable

"Influenza is associated with more serious complications when compared with the common cold. It can lead to pneumonia or respiratory failure and can potentially be life threatening."

Bowen Chen
Target Pharmacist

"Influenza is associated with more serious complications when compared with the common cold," says Bowen Chen, Target Pharmacist. "It can lead to pneumonia or respiratory failure and can potentially be life threatening, so it has to be taken very seriously — this is especially relevant in at-risk populations such as the elderly or very young children."

In terms of symptoms, the flu is usually associated with a high fever, headaches and aches and pains.

Although a stuffy nose, sneezing and sore throat can occur with both illnesses, these symptoms are more common in colds.

There are a variety of prescription and non-prescription medications that are useful for relieving symptoms and for controlling pain.

Consult your pharmacist or health-care professional to determine which medication is the right one for you.

Antibiotics are not effective for the flu or a cold unless a bacterial infection develops. Antiviral medications may be helpful in reducing the duration of your flu, but they must be taken within 48 hours of developing symptoms. NEWS CANADA

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Breakfast: 8 tablespoons of Almased (50g) in low-fat milk with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
Lunch: Vegetables and salad with lean meat or fish (see recipe ideas online)
Dinner: 8 tablespoons of Almased (50g) in water with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired

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Creamy soup without cream or butter? Thank us later

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This great tasting Asparagus and Leek Soup doesn't use butter or cream. The potato adds the creamy texture without the fat and calories.

1. Trim asparagus; cut stalks into pieces and set tips aside.

2. In nonstick saucepan, heat oil; sauté garlic, onion, leeks and asparagus stalks until softened, approx. 10 minutes.

3. Add stock and potato; reduce heat, cover and simmer for 20 to 25 minutes or until vegetables are tender. Purée in food processor until smooth. Taste and adjust seasoning with salt and pepper. Return to saucepan.

4. Steam or microwave reserved asparagus tips just until tender; add to soup. Serve sprinkled with Parmesan cheese.

ROSE REISMAN BRINGS HOME LIGHT COOKING (MCM BOOKS) BY: ROSE REISMAN

Per serving

98 calories, 6 g protein, 3 g fat, 13 g carbohydrates

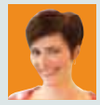
Ingredients

- 3/4 lb asparagus
- 1 1/2 tsp vegetable oil
- 1 tsp crushed garlic
- 1 cup chopped onion
- 2 leeks, sliced
- 3 1/2 cups chicken stock
- 1 cup diced peeled potato
- Salt and pepper
- 3 tbsp grated Parmesan cheese

This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT COOKING (MCM BOOKS)

Health Solutions

Shoots, sprouts and leaves



NUTRI-BITES
Theresa Albert DHN, RNCP
myfriendinfood.com

Remember when alfalfa sprouts were the stuff of hippies and all the rage? Talk to Roy and Ginny Stewart Love of Roy'L Acres Farm in Grey Highlands in Ontario and they will tell you micro greens are the new "sprouts".

Micro greens are actually grown in soil so the downside and danger of the anaerobic E. coli and salmonella of sprouts started in a closed container can't happen. These babies are simply the beginnings of the whole vegetable.

Loaded with four to six times more nutrients than the full vegetable, trays of peas and beet greens are often used as decor before being snipped into salads and sandwiches.

You will never find a fresher, more nutrient dense vegetable than one that was snipped seconds before it landed on your tongue.

What to look for in micro greens:

- Can't buy these artisanal treats at the grocery store? You will have more luck at small markets,100 mile markets and farmers markets.
- Aim for fresh, bright, perky leaves throughout.
- Try varieties like: popcorn shoot, various mustards, purple kohlrabi, kale, chervil, cilantro, radish, arugula shoots, flax microshoots, fenugreek sprouts and the all familiar wheatgrass.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Goodness of green juice cooked into a hearty meal

1. Heat the oven to 400 F.

2. In saucepan over medium, heat 1 tablespoon of oil. Add onion and cook, stirring occasionally, until softened, about 5 minutes. Add garlic and cook, stirring for 1 minute. Add potatoes, 4 cups of the stock and wine. Bring to boil, cover pan and simmer for 10 minutes.

3. Add kale, cover pan, then simmer another 10 minutes. Add spinach and pepper flakes, cover, and simmer 5 minutes.

4. Working in 2 batches, transfer 3 cups total of soup solids, with little added broth each time, to blender and purée until smooth. Be careful, hot foods expand in blender. Return purée to the saucepan, add salt to taste and the additional cup of stock if necessary to achieve the desired texture. Heat until hot.

5. Meanwhile, set wire rack over rimmed baking sheet. Arrange prosciutto slices in a single layer on the rack, then bake on oven's middle rack 12 minutes, or until they begin to crisp. Remove rack from sheet pan and set it on counter to let the prosciutto cool. When cool, crumble the prosciutto.

6. Arrange the baguette slices in single layer on the sheet pan and brush them with the remaining tablespoon of olive oil. Bake them on the oven's middle shelf until golden brown, 8 to 10 minutes. Sprinkle the grated cheese evenly over them, return the slices to the oven and bake until the cheese is just melted, 1 to 2 minutes.

7. To serve, ladle the soup into 4 bowls, then top each portion with some of the prosciutto crisps and 3 toasts on the side.

THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.

Ingredients

- 2 tbsp extra-virgin olive oil, divided
- 1 cup finely chopped onion
- 1 tbsp minced garlic
- 1 lb Yukon gold (or other thin-skinned potatoes), cut into 1-inch chunks
- 4 to 5 cups low-sodium chicken or vegetable broth
- 1/2 cup dry white wine
- 6 cups torn kale leaves
- 6 cups baby spinach leaves
- 1 tsp red pepper flakes, or to taste
- Salt
- 1/4 lb thinly sliced prosciutto
- 12 1/2-inch-thick diagonally cut slices of baguette
- 1/2 oz finely grated Parmigiano-Reggiano cheese

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Lunch. Shiitake-Ginger Soup with Garlic Pork

1. In zip-close plastic bag, combine the pork medallions, garlic and 1 tablespoon of the vegetable oil. Shake to coat evenly, then refrigerate for at least 2 hours and up to overnight.

2. When ready to cook, in a large saucepan over medium-high, heat the remaining 2 tablespoons of vegetable oil. Add the mushrooms and onion and cook until lightly browned, stirring frequently, about 10 minutes. Add the pork and garlic from the bag, along with the chicken broth. Bring to a boil, then reduce to a simmer, cover, and cook for 30 minutes.

3. Use a slotted spoon to transfer the pork to a plate. Using 2 forks, shred the pork pieces, then return the meat to the pot. Add the ginger and bring to a boil. Add the noodles and cook until tender, about 4 minutes. Stir in the scallions and adjust the seasoning with salt and pepper. THE ASSOCIATED PRESS

Ingredients

- 1-lb pork tenderloin, cut into 1-inch medallions
- 4 cloves garlic, minced
- 3 tbsp vegetable oil, divided
- Two 6-oz containers shiitake mushrooms, stalks discarded, sliced
- 1 large yellow onion, sliced
- 6 cups (1 1/2 quarts) low-sodium chicken broth
- 2 tbsp grated fresh ginger
- 6.2 oz soba noodles (two-thirds of a 9.3-oz package)
- 3 scallions, sliced
- Salt and ground black pepper

Kids' CDs even parents will like

Reasons Mommy Drinks. Set fire to that Mickey Mouse Clubhouse album and turn to these 5 gems of musical genius

Real talk. Most children's albums were designed to make parents curl up into a hole and die.

Saccharine and repetitive, they also contain subliminal messaging that instruct children to "cry, scream and throw things in moving vehicles unless you play said album on repeat at loud volumes."

Don't worry, we've culled the hit list down to five albums you might even, gasp, enjoy.

So set fire to that Mickey Mouse Clubhouse CD and hit up iTunes for these gems of jammin' genius.

1. For the Kids.
A three-album compilation by various adult artists, including Canuck crooners Sarah Harmer, The Barenaked Ladies, Sarah McLachlan and Canada's pre-Chavril pop sweethearts Chantal Kreviazuk and Raine Maida. Hooray for Can-Con! Bonus: A portion of the proceeds go to charity. How can you NOT check it out?

2. Jack Johnson Curious George Soundtrack.
It's mellow, catchy and will bring you back to Birkenstock-wearing summers of times past. Chillax, kids.

3. They Might Be Giants No!
Tracks like Robot Parade may actually have you singing along. Ironic and random, kids won't get the level of humour mommy and daddy will take from it.

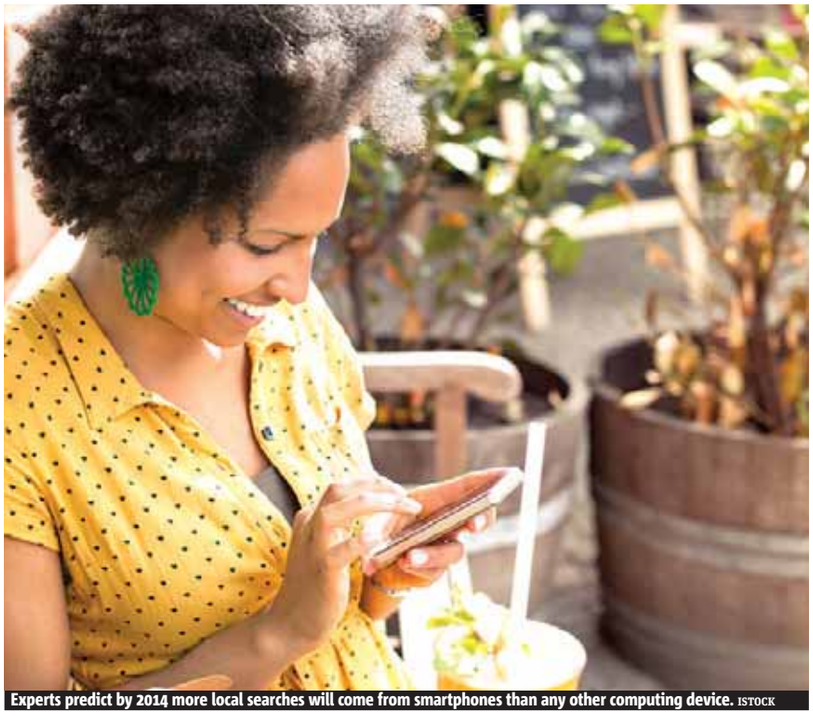
Not all children's albums will make your ears bleed. ISTOCK

4. Various rad artists, Schoolhouse Rock Rocks.
Dropped in the mid-'90's, bands like Blind Melon and Moby sing old school hits like Three is a Magic Number. Yeah, it is now.

5. Bob Marley Greatest Hits.
Apparently reggae has the same RPMs as a heartbeat and children, especially babies, find it very soothing. Pass the iPod on the left hand side.

FOLLOW AUTHORS LYRANDA MARTIN EVANS AND FIONA STEVENSON @MOMMYREASONS AND PICK UP THEIR NEW BOOK, REASONS MOMMY DRINKS, IN BOOKSTORES NOW.

How smartphones are changing the way Canadians go shopping


Experts predict by 2014 more local searches will come from smartphones than any other computing device. ISTOCK

Rise of mobility. Today consumers compare prices, make reservations and interact online — over their mobile device

A recent study by market research company eMarketer revealed that more than 10 million Canadians were smartphone owners in 2012.

Mobile devices are eating into personal computing in a big way, and experts predict that by 2014 more local searches will come from smartphones than any other computing device, drastically changing the way people shop and locate information.

Digitization has become a societal issue for small businesses and consumers alike.

"Today, people compare prices, make reservations and interact online to make sure they are getting the biggest bang for their buck and share their shopping experience," says Matthieu Houle, director of digital consumer experiences for Yellow Pages Group.

Tools such as mobile analytics allow businesses to learn from every interaction and predict where, when and how people are most likely to make their next purchase.

A mobile environment allows consumers to connect with the brand. That's why a creative and simple design is key. At the very least, a mobile site that stems from a business's main web page is mandatory. With a site that's optimized for mobile, customers can access a business's important contact information from anywhere.

"Mobile applications, which an increasing number of people are using to optimize their search, take the experience one step further," says Houle.

"Businesses can also optimize their offerings thanks to contextual information or personalization based on data taken from past experiences and individual preferences. For instance, if it rains, maybe your local store runs a mobile campaign offering a special on umbrellas helping match their services with current needs."

Not just a number

"Through interactive mobile sites and search applications, shoppers have easy access to reviews and opinions, meaning every customer experience counts."
Matthieu Houle, director of digital consumer experiences for Yellow Pages Group

As people continue to use an ever-increasing number of devices to get online, digital marketing companies are offering more and more multi-device marketing solutions and are making these options accessible for small businesses.

Local organizations, for which every dollar counts, greatly benefit from these kinds of marketing tools, which help them stand out from the competition and attract customers. NEWS CANADA

UNBC LAUNCHES MBA COHORT AT LANGARA

The University of Northern British Columbia (UNBC) is excited to launch the inaugural UNBC MBA cohort at Langara College in Vancouver this fall, and its 10th cohort start in Prince George.

Whether you are looking to move up in your current job, or have the skills to seek out a new one, an MBA may just be that vehicle to get your career to where you would like it to be.

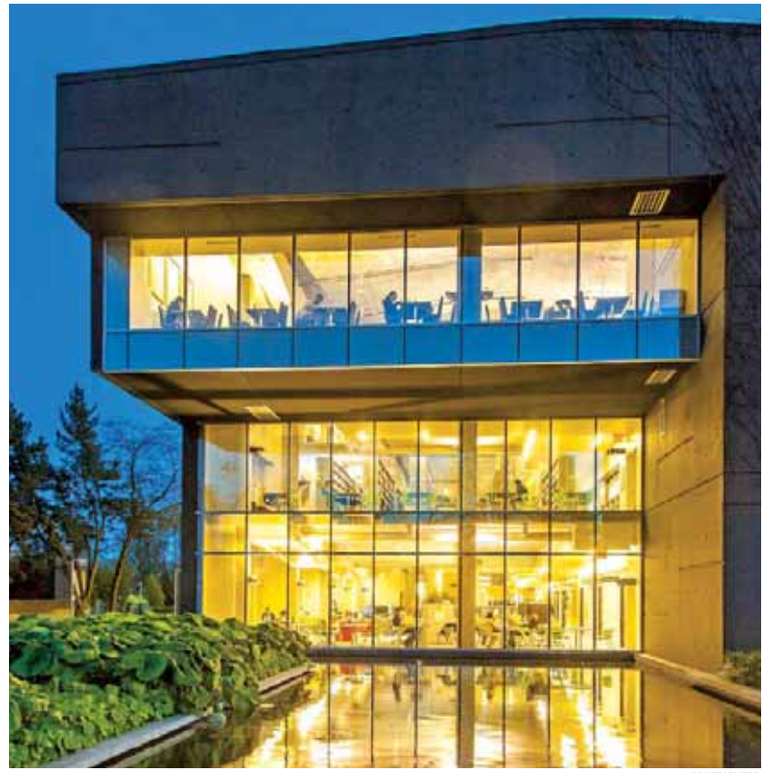
A UNBC MBA will train individuals to become astute managers, capable of effectively and efficiently tackling critical issues in a timely manner, and, therefore, a valued member to any executive team or organization.

"This program is designed for working professionals who seek graduate business education, the credential (MBA) to demonstrate their higher-level learning, delivered by a world-class faculty at a convenient compressed delivery format primarily on weekends to enable a continuation of their managerial/professional career during their studies," says Dr. Raymond Cox, MBA director, school of business, University of Northern British Columbia.

The new partnership between UNBC (MBA degree offering) and Langara College (host institution for the classroom delivery) will offer a high-quality, 21-month, start-to-finish program for the working adult with essentially one long weekend (Friday, Saturday, Sunday) of classroom delivery monthly.

The UNBC MBA is designed as a general management graduate degree with courses in corporate finance, organizational behaviour, accounting, business strategy, operations management, law, governance and ethics, managerial economics, marketing, project management, quantitative decision analysis, human resources, management of technology, and international business.

"In addition to the sharpened business know-how, the MBA moves their career forward be it a salary increase, promotion, switch firms, or jump to another industry," Cox says.



CONTRIBUTED

Applications for the August 2014 intake are being accepted.

For more, visit unbc.ca/commerce/mba.

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This unique program has an international business focus throughout, but also offers options in finance and marketing.

For graduate Rimi Banerjee, the most important factor for her was the dual graduate business degree of MBA and MScIB combined with a short duration of 16 months.

"The course was specific, dealing with relevant concepts and tailored according to the need of the real work environment," Banerjee says.

Banerjee says the best part about the course was it was challenging, not only at an intellectual level, but also on physical and emotional levels.

"At this time, looking back, I feel a sense of achievement that this course brought along and this is what I enjoyed the most," Banerjee says.

This program also focuses heavily on a 16-week internship portion, which is one of the top reasons students give for choosing the MBA program at VIU.

VIU also offers a two- to three-month business foundation program for students who have finished a non-business degree that will prepare them for the MBA program.

For more, visit viu.ca/mba.

CONTRIBUTED

DAVID EDIGER PHOTO

REACH FULL POTENTIAL AT TRINITY WESTERN

"I felt like part of my life was missing, like the elusive last piece of a puzzle, lost somewhere under the table," Suzie says.

Meeting with other like-minded adults at Trinity Western University's evening degree completion program, Suzie found she was not alone in the search for her missing career puzzle- piece. Like many busy working adults in demanding positions with family responsibilities and life commitments, she thought her dream of finishing a degree had sadly vanished.

Going back to university simply would not work. Suzie then became aware of the BA in leadership degree completion program at TWU.

The accelerated evening courses allow busy working adults to complete their degree dreams in as little as two years — without quitting their jobs. With a focus on workplace-relevant coursework and assignments, the program provides the opportunity to interact, network and learn from experienced faculty and other adults in an environment rich in exchange of ideas.

"Our passion is helping people like Suzie reach their full potential through a rich educational experience that transforms and impacts," says executive director Linda Long. "It's not like anything else."

"It has given me a sense of accomplishment that was, for the longest time, the missing piece of my career puzzle," Suzie says.

For more information, please visit trinitywestern.com or call 604-513-2067.

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It might be a new name and new campus, but Acsenda School of Management (formally Sprott-Shaw Degree College) still offers the same great education as before.

For those at Acsenda School of Management, they are hoping the new name will help shed some light on the great programs, staff and students that have previously gone relatively unknown.

"We wanted a name that was essentially neutral, but one that would be easily remembered and, in time, would come to be associated with our specific educational mission and related services," says William Garrett, vice-president academic and provost, Acsenda School of Management.

"Acsenda School of Management was the name we chose."

While the name may have changed, Ascenda School of Management still offers the bachelor of business administration (BBA) with concentrations in marketing, human resources management, accounting and international business management, and advanced diploma in business administration.

"Ours is an applied degree, which means that while we cover the essential breadth and depth of business knowledge needed to earn a bachelor's degree, we also focus on the application of that knowledge and the development of related skills, skills that are especially valued by employers," Garrett says.

Although Acsenda does not offer a traditional MBA program, Garrett says the BBA does have many of the career benefits of having an MBA.

"Careers are improved when employees have in-depth knowledge in a field, the ability to apply that knowledge and the ability to show leadership and demonstrate interpersonal skills in working with others. The Acsenda BBA helps students build this foundation for a successful career."

Beginning next month, Acsenda School of Management will be offering a series of diplomas and certificates in these same specialty areas, but these programs are specifically designed to help those who already have a degree or diploma in another area to gain core business knowledge and skills so that they are more employable.

They include post-graduate certificate in general management, post-graduate diploma in general management, marketing, human resources management, accounting and international business management, and a new multiple level English bridging program.

For more about Acsenda School of Management, visit acsenda.com.

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STUDIES SHOW MBA CAN BOOST YOUR EARNINGS

COLOURBOX

Earning an MBA can have a dramatic impact on your career, with studies showing it can double your salary. Even when the increase is less dramatic, you will generally earn back the tuition in a few years.

Where you get your MBA, and at what point in your career, are major factors in determining the return on investment. Statistics Canada pegs the average cost of an MBA at $21,528, making it among the most expensive graduate programs in Canada. Tuition at B.C. business schools ranges from $20,000 to $40,000.

In Vancouver, there are two main options.

UBC's Sauder School of Business offers a full- and part-time MBA. Going full time will take 16 months to earn the UBC MBA. It focuses on four career tracks: Consulting and strategic management; finance; product and service management; and innovation and entrepreneurship.

Simon Fraser University offers a 12-month, full-time MBA program. It teaches theory and application to give students a broad grounding in business fundamentals. This is a more intense course than others since it rolls 18 to 24 months into a year by cutting out downtime between semesters. It's a full-time job, requiring about 46 hours per week for class and studying.

On average, SFU students enrol in the MBA after getting five years of work experience. It also draws from a diverse educational background, attracting students with undergraduate degrees in the arts, economics, chemistry, education, medicine, archeology, philosophy, and more.

– Jon Tattrie

MORE OPPORTUNITY, GREATER EXPERTISE

THE NEW CPA

B.C.'s accounting profession has reached a historic turning point, as CAs, CMAs, and CGAs are working to unite under a single professional designation — chartered professional accountant (CPA).

With more than 27,000 members, CPABC will be one of the largest professional organizations in Western Canada. The three bodies are now delivering the nationally-developed CPA certification program to B.C. students. The CPA program builds on the best of the legacy designations, and will equip all CPAs with the knowledge base and skill set necessary to hold influential roles in public practice, the private sector, not-for-profit, and government.

Tammy Towill, left, CMA B.C. chair, Karen Christiansen; ICABC president, and Candace Nancke, CGA B.C. chair.

CONTRIBUTED

As a unified, single professional body, CPAs will serve the public interest across all sectors of the economy with integrity, sound ethical practices, advanced education, disciplined regulation, and proven strategic management. By merging under one designation, Canada's accounting profession will have a larger, more cohesive voice, ensuring it continues to effectively influence international standard setting bodies.

The CPA professional education program is delivered on a part-time basis while candidates are employed and completing their practical experience:

- Core modules focus on the development of competencies in management and financial accounting, as well as the integration of six fundamental technical competencies;
- Two elective modules allow candidates to develop deeper skills in their areas of career interest;
- A capstone integrative module focuses on development of leadership and professional skills and the integration of core competencies;
- A capstone examination preparation module prepares CPA candidates for the common final examination.

The CPA prerequisite education program (CPA PREP) is geared towards individuals with non-business degrees who have experience in accounting but lack the required prerequisites to enter the CPA program directly:

- Delivered on a part-time basis, CPA PREP combines online material, self study, and classroom learning, with students needing to complete only those modules they require;
- The only academic prerequisite is an undergraduate degree in any discipline from a recognized post-secondary institution.

Do you want to become a CPA? Attend an information session in your area. Register at goCPAbc.ca.

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ALTERNATIVES OFFER A COMPETITIVE EDGE

FIND OUT HOW AT QS WORLD GRAD SCHOOL TOUR

Not sure if an MBA is right for you? Find out how a specialized MSc or MA could give you an even greater competitive edge.

While MBA programs are certainly popular among employers, they are by no means the only master's qualifications in high demand. Whether you haven't yet gained enough professional experience to apply for an MBA, or you just want a more specialized program, it's definitely worth considering some alternatives.

"An MSc or MA appeals to two distinct groups," says Peter MacDonald, commercial director of the QS World Grad School Tour. "First, those with less work experience than that required for admission to an MBA, embellishing your undergraduate degree with a master's says a lot to potential employers.

PRESSMASTER/COLOURBOX

"Second, those with plenty of work experience who have decided they want to be experts in their field. An MBA is for carer switchers — a specialized master's is for career specialists."

MBA programs may be ideal for those seeking a generalist management qualification, but they do not always provide the level of specialization sought by many applicants and many employers.

"Lots of employers advertise jobs for those with management or business degrees," says Elizabeth Wilkinson, head of postgraduate career development at the U.K.'s University of Manchester. "Getting a specialist management qualification can help you compete on a level playing field, even if your undergraduate degree was in a completely different subject."

Jane Delbene, director of marketing (EMEA) at the Graduate Management Admission Council® (GMAC), agrees that master's degrees other than the MBA can often be the best choice for younger and less experienced candidates, but also anyone looking to differentiate themselves.

"On the whole, our advice to candidates for master's degrees is to search for programs that may best prepare them for the industry they want to work in, and that offer a curriculum that seems most attuned to the career path they have in mind," Delbene says.

For personalized advice on the right program for you, meet business schools from around the world at the QS World Grad School Tour in Vancouver on Sept. 23.

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Nanaimo, British Columbia, Canada

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SFU SURREY CAMPUS OPENS NEXT YEAR

Simon Fraser University's Beedie School of Business will open the doors of its Surrey campus next year to a new part-time MBA program, the first graduate business program in the city of Surrey.

The part-time Surrey MBA will meet the needs of a growing number of managers, entrepreneurs and business leaders seeking to enhance their business skill set without skipping a beat in their professional careers. The program features the same curriculum as SFU's full-time MBA offered at its downtown Vancouver campus, and will be taught by leading faculty from the Beedie School of Business.

Students will learn the fundamentals of business and management with an eye on the big issues of the future through a combination of theoretical learning and practical application. It brings together students from highly diverse educational backgrounds across a wide variety of industries and functional experience. Utilizing a cohort model, students will build a collaborative learning environment by working together as a class through the entire program.

The city of Surrey is one of Canada's fastest growing major cities and an important economic hub for the South Fraser region and British Columbia. The part-time Surrey MBA is a response to this explosive growth in population and business in the region.

For more information, please visit beedie.sfu.ca/MBASurrey.

CHOOSE THE 'RIGHT' POST-SECONDARY FIELD

Canadians who get a post-secondary education still earn more on average than those without, but the "education premium" is narrowing, making the field of study increasingly important, a new study has found.

Chose the wrong field and you might even earn less than if you had never studied after high school.

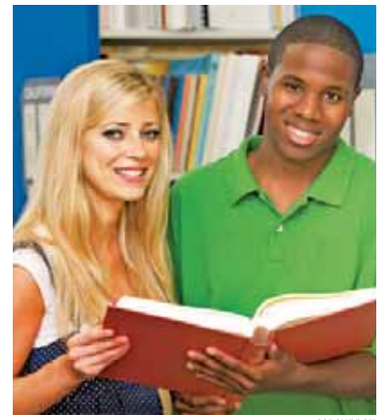
Benjamin Tal, deputy chief economist at CIBC, and Emanuella Enenajor, economist at CIBC, found Canada has the highest proportion of adults with a post-secondary education among all Organization for Economic Co-operation and Development (OECD) countries. But the cost of the education was double the OECD average and more graduates are falling behind on the earnings scale.

University grads used to earn a lot more than college grads, but the difference is only 0.7 per cent today. However, the gap between high school and post-secondary is substantial — a bachelor's degree boosts your earnings by 30 per cent, on average. An MA or PhD adds about 15 per cent.

The field you study is critical. Math and science qualifications provide an earnings premium of 86 per cent compared to high school grads. A degree in fine and applied arts, on the other hand, actually decreases your earnings by 12 per cent.

"The biggest bang for buck comes from specialized and professional fields such as medicine, law and engineering," they wrote.

– Jon Tattrie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TRU OFFERS FLEXIBLE LEARNING OPTIONS

Thompson Rivers University (TRU) has now made it even easier to get an MBA on your schedule.

TRU offers one of the most flexible MBA programs in Canada, allowing students to study their courses on-campus or online, on a full-time or part-time basis.

Regardless of the mode of study, all students study the same rigorous curriculum in an interactive and supportive environment.

"For those students who are early career, and want to come out with specific management skills, our MBA program provides those skills," says Russell Currie, dean and professor, school of business and economics.

"It also allows people who are currently working to move up to the next level within their career."

What makes this MBA program different from others offered at other institutions is that this program can be completed 100 per cent by distance, with no requirement to attend any portion of the program on campus.

"With our online courses and part-time options that are personalized to meet the student's needs, our students are able to study a quality program and achieve their educational goals while maintaining their work and personal commitments," says Victoria Baker, director MBA program.

CONTRIBUTED

Students also have the option of a blended format, by studying online and in class.

The MBA program is designed to produce managers and leaders that have critical thinking and problem-solving skills and who see the big picture of the organization — making strategic decisions that support the goals of the organization.

The skills and knowledge gained during the MBA program apply within any organization in any industry.

"An MBA is recognized worldwide as a program of study that provides competency in all the major functional management areas of an organization, preparing graduates to lead and manage effectively in today's complex and rapidly-changing business environment," Baker says. "Global perspectives are incorporated throughout the curriculum and the diversity of our students and faculty further enhance the development of intercultural understanding."

The coursework includes subjects such as ethics and corporate social responsibility, innovation and entrepreneurship, and supply chain management.

For more, visit tru.ca/business/mba.

ASSESSMENT

Whether you are looking to improve your professional skills or find that competitive advantage in your current place of work, an MBA could be just what you are looking for.

The Thompson Rivers University MBA program has been designed to provide accessibility and flexibility to learners, respecting the fact that many of them have busy careers and personal lives to balance with their studies.

This program also recognizes the range of backgrounds and experiences that individuals bring to the program.

For individuals with family commitments or day jobs, this program will help get you where you want to be professionally, without sacrificing where you need to be personally.

For a personal assessment of your eligibility for program admission, contact the TRU advising team at mba@tru.ca.

To find an upcoming information session near you, visit tru.ca/MBA.

FAST TRACK YOUR TRAINING WITH AN ACCELERATED MBA

Individuals who understand the value of an MBA may appreciate the ability to fast track their training through the 10-month, full-time accelerated MBA program at Thompson Rivers University.

"Our accelerated MBA option provides students with an acceptable undergraduate degree in business the ability to earn an MBA in as little as 10 months of full-time, on-campus study," says Victoria Baker, director MBA program. "For students from another academic background, the MBA foundation courses provide the required academic background in business administration and can be completed in four to eight additional months."

This MBA program consists of two stages — the MBA foundation, which provides the academic fundamentals of business administration, and the MBA.

The accelerated option allows students with an academic background in business to bypass the foundation level and begin directly in the MBA courses, reducing the length of the program.

Regardless of the option chosen or the mode of course delivery (on-campus or online), all TRU MBA students will complete the same core MBA courses.

"The accelerated option, combined with our comprehensive career development program, provides our students with the opportunity to accelerate their careers in less than a year, minimizing the time away from the work force and loss of earnings," Baker says.

By adding the career development program to the MBA program, students will receive an extra leg up when it comes time to seek out employment.

COLOURBOX

This program includes workshops, speakers, networking events, information sessions and job search assistance. A new portion adds the introduction of a graduate project and thesis option.

"The addition of graduate project and thesis options in our MBA program allows those students with the interest in research to focus a significant portion of their studies on exploring a specific area of interest to them," Baker says. "Both the project and thesis options are rigorous options requiring formal research and completed under the guidance of a faculty supervisor with the primary difference being that the project option is more applied in nature."

For more, visit tru.ca/business/mba.

Custom Made for Success

Introducing Thompson Rivers University (TRU)'s redesigned Master of Business Administration (MBA).

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SPORTS 4

Lack stands tall vs. Sharks

NHL pre-season. Following hip surgery last season, goalie making a case to be No. 2 behind Luongo

CAM TUCKER
cam.tucker@metronews.ca

Eddie Lack's last real hockey game might have been almost 10 months ago, but he's at the Vancouver Canucks' training camp vying for the back-up-goalie job behind Roberto Luongo.

Hip surgery that was confirmed in late January put an end to his 2012-13 season with the Chicago Wolves in the American Hockey League, which made Monday night's exhibition game against the San Jose Sharks at Rogers Arena a special event. His last game was Nov. 24, 2012.

Against the Sharks, Lack made his case to be the No. 2 netminder, making 25 saves and allowing only two goals. Lack played only two periods, giving way to Joe Cannata in the third.

The Canucks lost 3-2.

Lack's performance kept the team in front of him in the game. The Canucks were outshot 27-13 at the end of two periods, but trailed by only a goal.

Lack had no chance on the Sharks' second goal — a quick wrist shot by John McCarthy from the slot that passed the screened goalie.

The first was a rebound off his right pad in which he wasn't able to slide over quick enough to stop Joe Pavelski's shot.

Cue discussion about his hip.

"The hip is in the past," Lack said. "I'm feeling 100 per cent. I've been feeling it for a while, too, so I'm just looking forward to playing again."

Roster moves

The Canucks reduced their training-camp roster prior to Monday's game.

- Defenceman Jordan Subban and forward Cole Cassels were sent back to their respective OHL clubs.
- Cassels is the son of former Canucks centre Andrew Cassels. Subban is the younger brother of NHL defenceman P.K. Subban.

Canucks goalie Eddie Lack tracks the puck as the Sharks' Tommy Wingels tries to get his stick on it during the second period at Rogers Arena on Monday night. DARRYL DYCK/THE CANADIAN PRESS

Lions forced to think about life without Lulay

Lions starter Travis Lulay
THE CANADIAN PRESS

Travis Lulay was absent for Monday's media availability, dealing with more pressing matters, such as the health of his throwing shoulder.

The B.C. Lions' starting quarterback was off getting an MRI and X-ray on his right shoulder, which he injured at the end of a 14-yard touchdown run in Sunday's win over the Montreal Alouettes. Lulay got to his feet, favouring his right shoulder, unable to move it from his side.

The situation quickly silenced the crowd, which was, just seconds earlier, celebrating the major score.

There is now the possibility Lulay will be unable to take the field against the Saskatchewan Roughriders in a highly anticipated West Division showdown at Mosaic Stadium in Regina this upcoming Sunday.

"Obviously this morning, it was really stiff and tight but until we get anything further, I don't know anymore than you do," said head coach Mike Benevides.

If Lulay is unable to play Sunday, that means either Thomas DeMarco or Buck Pierce will be named the starting quarterback for the Leos in the hostile confines of Mosaic Stadium.

"As I told them, once we get together again on Wednesday, I'll have another formulation of what the game plan is, how we attack the opponent," said Benevides. CAM TUCKER/METRO

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Bernard boosts Bengals past Steelers on MNF

NFL. Running back scores his first two TDs to drop Pittsburgh to 0-2

Monday Night Football

Bengals	Steelers
20	10

An elusive rookie made all the difference by darting through the Steelers' defence.

Running back Giovani Bernard scored his first two NFL touchdowns, one of them on a short pass that he turned into a 27-yard score, and the Cincinnati Bengals beat Pittsburgh 20-10 on Monday night, extending the Steelers' early misery.

The second-round draft pick had a seven-yard touchdown run in the first half before turning a short pass from Andy Dalton into a third-quarter score — a preview of what the Bengals (1-1) could become with a pass-catching threat out of the backfield.

First-round pick Tyler Eifert also had a big play, making a 61-yard catch that set up Bernard's touchdown run.

The Bengals piled up 407 yards on one of the NFL's toughest defences, holding the ball for more than 35 minutes.

Pittsburgh fell to 0-2 for the first time since 2002, done in by another game of self-destruction on offence. The Steelers had two turnovers in scoring range and couldn't hold the ball long enough to give their defence a breather, failing to get a first down on seven of their 12 possessions.

THE ASSOCIATED PRESS

Giovani Bernard of the Bengals celebrates after scoring a touchdown in the first quarter against the Steelers on Monday. KIRK IRWIN/GETTY IMAGES

NHL

Thomas returns to big league with Panthers tryout

Tim Thomas wanted back in the NHL. The Florida Panthers wanted goaltending help.

It might be a perfect match.

The two-time Vezina Trophy winner agreed to a tryout deal with the Panthers on Monday, nearly a year and a half removed from his last game in the NHL. Thomas will be on the ice with Florida for practice Tuesday, and Panthers general manager Dale Tallon said his talks with the star of Boston's run to the 2011 Stanley Cup convinced him that the move was right.

"He really wants to play and he really wants to lead and he really wants to be the starter and he wants to win and he wants to win now," Tallon said Monday while the Panthers faced Nashville in a preseason doubleheader.

THE ASSOCIATED PRESS

PGA

Johnson's soggy victory sets up FedEx Cup splash

Zach Johnson is having a September to remember, and there's still one very big week to go.

In one tournament, he made a 25-foot birdie putt on his final hole to earn the last spot on the Presidents Cup team. In the next one, Johnson made a bunch of big putts in the final round of the rain-delayed BMW Championship for a 6-under 65 for a two-shot victory over Nick Watney.

Next up? Johnson's win Monday gave him the No. 4 seed going into the Tour Championship, giving him a clear shot at the FedEx Cup and its $10-million prize. THE ASSOCIATED PRESS

Zach Johnson THE ASSOCIATED PRESS

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- Strong verbal and written communication skills
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metro

Horoscopes

♈ Aries
March 21 - April 20
Do whatever it takes to stay calm today because if you get angry, you will be at a disadvantage. Someone may be saying things merely to get a reaction. The best reaction is no reaction.

♉ Taurus
April 21 - May 21
You never like being told what to do but today you must listen to what a friend tells you. If you learn from their mistake, you won't make the same one.

♊ Gemini
May 22 - June 21
Think first then act decisively. With your ruler Mercury linked to action planet Mars you have what it takes to do something remarkable, something that will be remembered and talked about for many years to come.

♋ Cancer
June 22 - July 23
You may have to tell a lie to spare a friend's blushes today but make sure it is only a small one. The last thing you want is to get a rep for dishonesty. Your social standing means more than their red face.

♌ Leo
July 24 - Aug. 23
If you have a good idea today — and you will — make sure you keep it to yourself. Yes, of course, you are a generous soul by nature but if you are too generous others could get rich and famous at your expense.

♍ Virgo
Aug. 24 - Sept. 23
The best way to change a habit of some sort is to replace it with a different habit — one that is more positive. If you just try to give up on something today, it won't work. You've got to be cunning.

♎ Libra
Sept. 24 - Oct. 23
It will be all too easy over the next 24 hours to allow yourself to be diverted by things that don't matter and neglect things that do matter. Stay focused.

♏ Scorpio
Oct. 24 - Nov. 22
Someone will try to undermine your reputation today by circulating stories about you that are not true. When you find out who it is, make sure they know, and everyone knows, you are not amused.

♐ Sagittarius
Nov. 23 - Dec. 21
The latest fad or fashion may be pretty hot but is it right for you? The planets suggest you might like to give this one a miss and wait for something better to spend your time and money on.

♑ Capricorn
Dec. 22 - Jan. 20
New responsibilities have brought more work and while you are no stranger to giving one hundred per cent, it might be wise to take a break today.

♒ Aquarius
Jan. 21 - Feb. 19
Whatever your personal code of conduct may be, you must live up to it today. If you fall short in any way, your rivals will seize the chance to make you look bad. Make sure you can reach your lofty ideals.

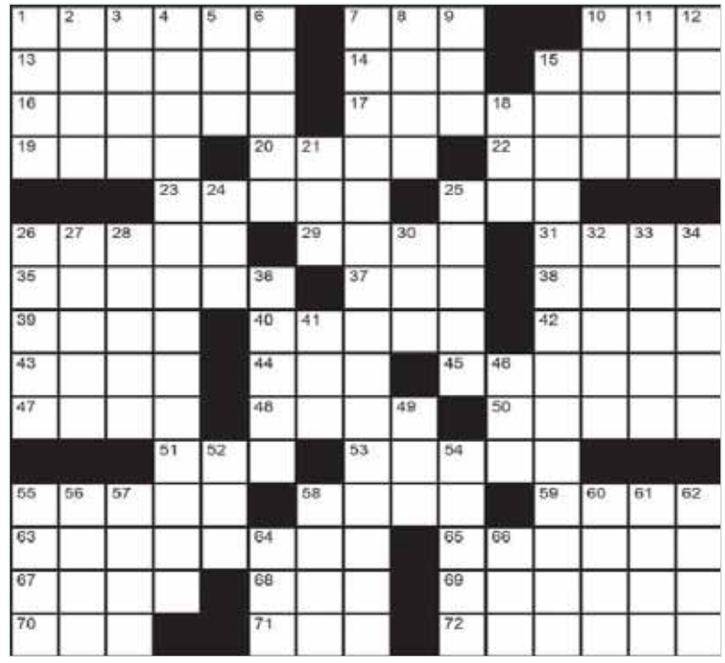
♓ Pisces
Feb. 20 - March 20
What happens today won't be wonderful exactly but neither will it be woeful, so stop fearing the worst and get back into the mainstream of life. You know the old saying: You can't win it unless you're in it!

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



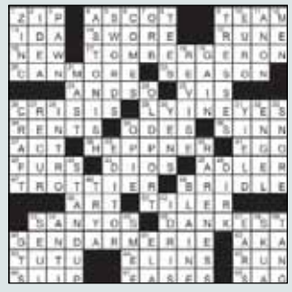
Across

1. Cold War era gig: 2 wds.
7. Bouquet delivery co.
10. 30-day mo.
13. "I'm not alone in thinking this?": 2 wds.
14. Fib
15. Bug type
16. Epic Records mogul, _._. __
17. Nova Scotia town
19. Mountain stat.
20. Christian denomination, for short
22. Joy of Cooking author, __ _. Rombauer
23. "Juno" (2007) star Ms. Page
25. Wheel part
26. Tea party treat
29. Taj Mahal's site
31. 2001 Yann Martel novel, Life __: 2 wds.
35. Land promised in The Book of Exodus
37. Texas tea
38. "Smells Like __ Spirit" by Nirvana
39. Wholly __ __ part
40. Weight unit
42. French singer Edith
43. Beat a path
44. __ humour
45. "Donnie __" (1997)
47. Bit of Justin T.'s group
48. Celebes buffalo
50. Fall flower
51. "Oy!"
53. Condo spaces
55. Actress Ms. Birch
58. Sprout
59. Bee-ish bug
63. Halved: 3 wds.
65. Meteorological map line
67. Tropical birds
68. Back the tape up, briefly
69. Composed
70. Un-light times, for short
71. Holiday __
72. British Columbia band

Down

1. Reality star Ms. Richards
2. Hockey highlight
3. Hockey great, Pavel __
4. CBC daytime show: 3 wds.
5. Hawaiian dish
6. The Alps song
7. Rita MacNeil hit: 4 wds.
8. Ms. Carrere's
9. German article
10. Grad
11. "Dancing with the Stars" pro Ms. Murgatroyd
12. Cheers!
15. __ __? (Sign In area message)
18. "Amado __": Song from "Gilda" (1946)
21. Little legume
24. Canadian dairy products brand, Gay __
25. Spy for Moses
26. Robert Burns, and others
27. Tote
28. Beatles song: "Glass __"
30. Singer/songwriter Mr. Ocasek
32. "1234" Canadian songstress
33. Alberta's __ River
34. Has it __ (Holds a grudge): 2 wds.
36. "Never.": 2 wds.
41. Samovar
46. Mouse's friend
49. Year: Spanish
52. 'Jacob' suffix
54. "If that could only be true!": 2 wds.
55. National highway, commonly
56. Track down
57. Actress, Carre __
58. Ms. Stefani
60. Son of Eve
61. Rational
62. Zebra, to a lion
64. Prefix with 'cycle'
66. Behold

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	7						3	
6				4				7
1			8		7			6
		3	1		2	8		
				5				
		5	9		3	1		
9			4		1			5
4				9				2
	2						9	

Yesterday's Sudoku

5	8	3	2	6	7	4	1	9
7	1	4	3	9	5	8	2	6
2	9	6	4	8	1	7	3	5
9	6	8	7	4	2	3	5	1
3	5	7	6	1	9	2	4	8
4	2	1	5	3	8	6	9	7
6	3	5	9	7	4	1	8	2
1	7	2	8	5	3	9	6	4
8	4	9	1	2	6	5	7	3

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